



Men's Fitness

COVER MODEL WORKOUTS

**SIX-PACK
SECRETS**

**LOSE FAT,
BUILD MUSCLE**

**OVER 20
WORKOUTS**

IN
ASSOCIATION
WITH





I'LL SMASH THROUGH MY PLATEAU

REACHING NEW LEVELS

B4-BOMB IS A SUPPLEMENT TO SUPPORT YOUR ENERGY LEVELS AND STAMINA WHEN IT COUNTS



DISCOVER THE NEW GLOBAL USN RANGE

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YOUR COVER MODEL BODY STARTS HERE

Want a better body? Talk to the men who've already built one. In this guide, we've assembled workouts from six of the best - half a dozen *MF* cover models who combine form and function to stay in inspiring shape all year round, with solutions for everything from shirt-filling muscle to fast fat loss. Whether you've never set foot in a gym before or you're putting the finishing touches to your muscles before you hit the stage, studio or beach, you'll find something that works over the next 25 pages. Think their secret is Photoshop? Think again.

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Editor Joel Snape Photography Glen Burrows, Danny Bird, Danne Vivid, Tom Miles
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NUTRITION

Food is fuel. Take our cover stars' advice to fast-track your gains

EAT MEAT EARLY

Start as you mean to go on. 'My usual breakfast is meat and a handful of nuts,' says Richard Pearce. 'It's high in protein and energy, and low in carbs.' It'll also make the early-morning gym sessions less hateful.

TIME YOUR CARBS

'I save most of my carbs for my heavier training days,' says Artur Zolkiewicz. 'I eat more on my heaviest day, and cut back on fat. And I'll usually do my cardio fasted.'

GO CAVEMAN

It's the easiest rule to follow. 'Don't overcomplicate things,' says Ryan Terry (pictured). 'Eat complex carbs and high-energy fat sources like steak or mackerel - avoid things that come in a packet or have ingredients you can't pronounce.' You'll avoid nasty additives and hidden sugar.

AVOID MATHS

'Personally, I don't count calories or monitor my macros,' says Kirk Miller. 'I'd rather eat a lot of calories and up my training intensity, then tweak as I go.'

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SET A TIMEFRAME

It can be for a photoshoot or just a personal goal. 'If you've got a timeframe in mind, you can stay on track,' says Terry.

'If you know you only have to stick at something for four weeks, then everything counts. Otherwise it's a lot tougher.'

CHEAT (SOMETIMES)

'One cheat meal a week helps you psychologically,' says Miller. 'I'll save it for Saturday night. If I'm drinking, I'll usually have vodka - it's the cleanest option.' Add a slice of lime for an insulin-blunting bonus.

THE COVER MODEL CUPBOARD

Every model has his own supp regime. Here's what they all agree on

BETA-ALANINE

Improves focus and concentration, and can let you get more reps. Save it for your toughest days.

BCAAs

Prevent muscle breakdown, so they're ideal if you're trying to get lean without losing mass. Take them immediately before and after training sessions.

CREATINE

Increases your body's stores of ATP, letting you lift heavier for longer. Take it after your workout.

CLA

Breaks down fat, enhances muscle growth and lowers LDL ('bad') cholesterol - without the nasty effects of other fat-burners. Take it with food.

FISH OIL

Aids post-workout recovery by reducing inflammation. Take it with food.

WHEY

Digests faster than any other protein, making it ideal before or after a workout. Aim for 2g of protein per kilo of bodyweight per day - get most from food and top up with whey supplements.

ZMA

Improves sleep quality and testosterone production, helping recovery and reducing fatigue.

7

RYAN TERRY

USN ambassador and WBFF pro Terry combines hard-hitting supersets with high volume for big gains

6



SIZE MATTERS

MONDAY

EXERCISE	SETS	REPS
1A Wide-grip pull-up	4	12-15
1B Wide-grip machine pull-down	4	12-15
2A Close-grip pull-down	3	12-15
2B Close-grip seated row	3	12-15
3 Bent-over row	4	12-15
4 Deadlift	4	8-10

TUESDAY

EXERCISE	SETS	REPS
1 Triceps dip	4	8
2 Single-arm triceps cable push-down	3	10-12 each side
3 Skullcrusher	3	10-12
4 E-Z barbell curl	3	8-10
5 Single-arm dumbbell curl	4	8-10 each side
6 Hammer curl	3	8-10
7 Sit-up	4	50
8 Side oblique twist (no weight)	3	20 each side
9 Plank	3	To failure
10 Weighted crunch	3	12-15

WEDNESDAY

EXERCISE	SETS	REPS
1 Squat	4	10
2A Hack squat	3	8-10
2B Leg press	3	12
3 Leg extension	3	12-15

THURSDAY

EXERCISE	SETS	REPS
1 Lateral raise	4	8
2A Smith machine seated overhead press	3	8-10
2B Front raise	3	15
3 Rear delt with cable machine	3	15
4 Front shrug with Olympic bar	3	12
5 Rear shrug with Olympic bar	3	12

FRIDAY

EXERCISE	SETS	REPS
1 Single-leg seated hamstring curl	4	10-12 each side
2 Stiff-leg lying leg curl	3	10-12
3 Weighted walking lunge	3	10 on each leg
4 Seated calf raise	3	8-10
5 Smith machine calf raise	3	30
6 Single-leg calf raise on flat ground	4	20

FOR FRIDAY'S WORKOUT, TURN THE PAGE

1 INCLINE PRESS WITH OLYMPIC BAR

SETS 4 REPS 10-12



Lie on an incline bench with your feet on the floor. Hold the bar with an overhand grip and press the weight straight overhead.

2 DUMBBELL BENCH PRESS

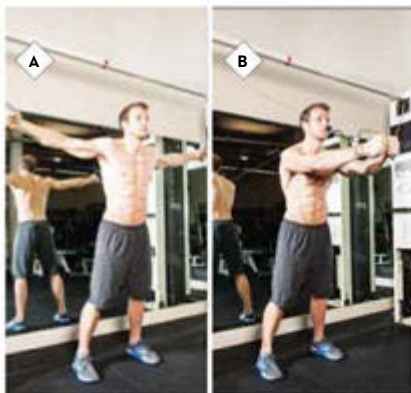
SETS 3 REPS 10-12



Lie on a bench with your feet flat on the floor holding a dumbbell in each hand with your elbows at 90°. Press directly overhead.

3 CABLE FLYE

SETS 4 REPS 12-15



Stand between two machines with a handle in each hand. Keeping your arms straight, bring your hands together in front of your chest.

4 INCLINE DUMBBELL FLYE

SETS 3 REPS 12-15



Lie on an incline bench with a dumbbell in each hand directly overhead. Keeping a slight bend in your elbows, lower the weights to the sides.

CHEST AND ABS

5

HANGING LEG RAISE

SETS 3 REPS TO FAILURE



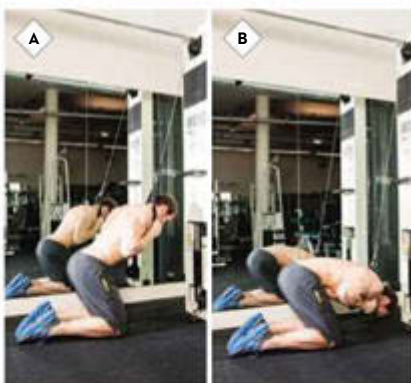
Hang from a bar with your body straight. Contract your abs and bring your legs out in front of you, then lower under control. If your grip's giving out before your abs, use straps to push for failure.

9

6

CABLE CRUNCH

SETS 2 REPS 12-15

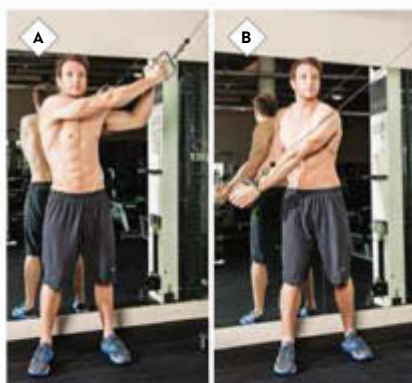


Kneel in front of a cable machine, holding the handles either side of your head. Bend at the hips and use your core to lower as far as you can.

7

CABLE WOODCHOP

SETS 3 REPS 10 EACH SIDE



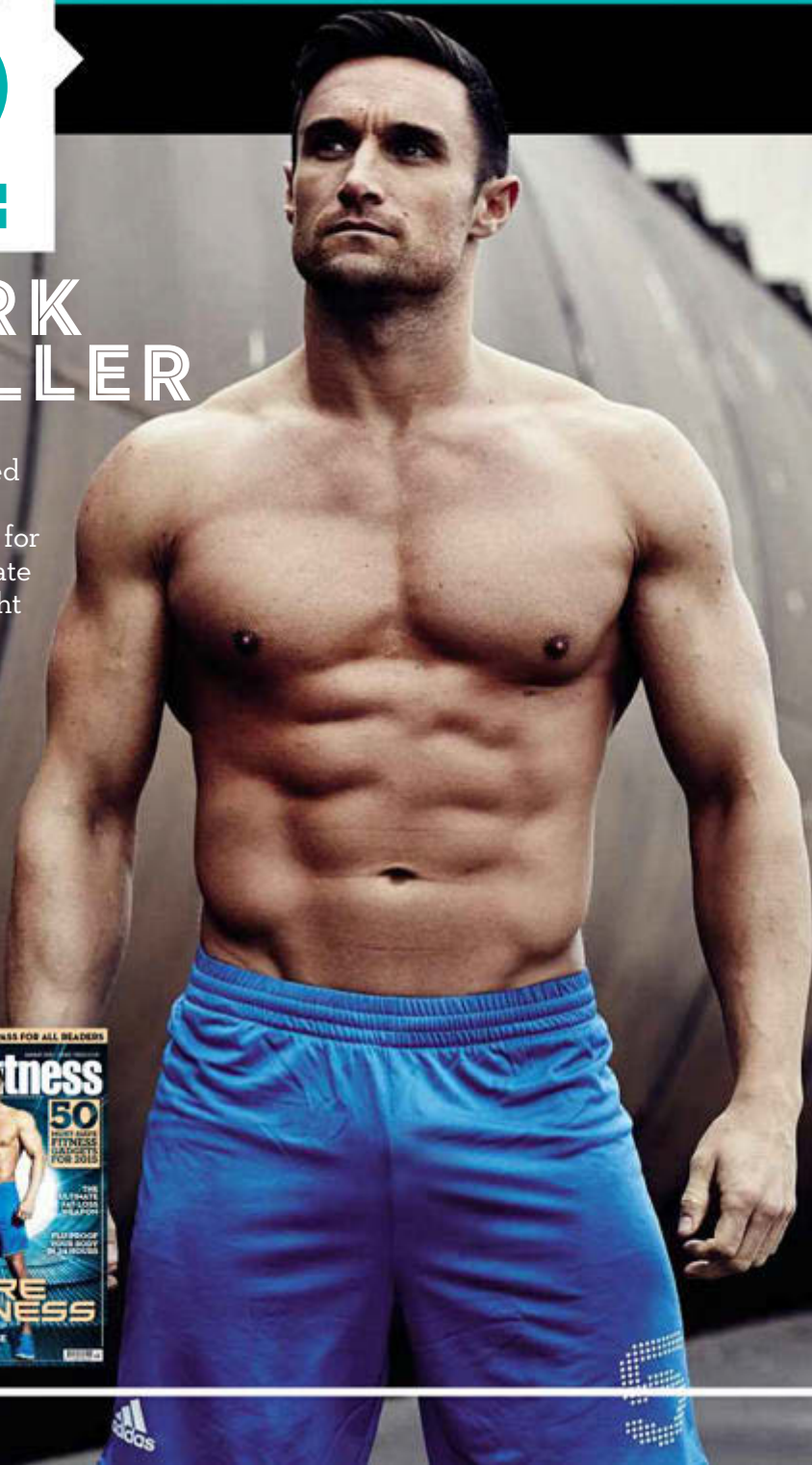
Stand side-on to the machine and take hold of the handle on a high setting. Pull the handle down and across your body, then return to the start.

2

KIRK MILLER

The man nicknamed 'Abs' uses giant sets for the ultimate free-weight fat burn

10



IRON GIANT

Do every move back to back, take a rest and then move to the next body part.

1 LEGS	1 Squat Reps 5	2 Sprinter's lunge Reps 10	3 Dumbbell stiff-leg deadlift Reps 5	4 Sissy squat Reps 20	REST 2min
2 CHEST	1 Incline dumbbell press Reps 5	2 Incline dumbbell press Reps 10	3 Incline dumbbell flye Reps 15	4 Dumbbell bench press Reps 20	REST 2min
3 BACK	1 Weighted pull-up Reps 5	2 Deadlift Reps 10	3 Bent-over row Reps 15	4 Dumbbell ski slope row Reps 20	REST 2min
4 SHOULDERS	1 Dumbbell overhead press Reps 5	2 Dumbbell lateral raise Reps 10	3 Bent-over reverse flye Reps 15	4 Dumbbell shrug Reps 20	REST 2min
5 BICEPS	1 Standing barbell curl Reps 5	2 Zottman curl Reps 10	3 Narrow-grip E-Z bar curl Reps 15	4 Reverse-grip straight bar curl Reps 20	REST 2min
6 TRICEPS	1 Close-grip bench press Reps 5	2 Skullcrusher Reps 10	3 Lying dumbbell extension Reps 15	4 Standing overhead extension Reps 20	REST 2min FOR ABS AND LEGS, TURN OVER

2

12

1 LYING LEG RAISE

REPS 5



Lie on the floor with your feet just off the ground. Keeping a slight bend in your knees, raise your legs until they're pointing straight up.

2 HANGING KNEE RAISE

REPS 15



Hang from a bar with your body straight. Bend your knees and draw them up by contracting your abs. Hold briefly then lower to the start.

3 WINDSCREEN WIPER

REPS 10



Hang from a bar with your body straight. Keeping your legs straight, lift them in front of you and rotate to the left and right.

4 GYM BALL PLANK

TIME 20SEC



Rest your forearms on a gym ball, keeping your body in a straight line from head to heels. Maintain this position for the required time.

REST 2MIN

ABS AND LEGS

5A SQUAT

REPS TO FAILURE

With your bodyweight on bar, squat until your thighs are at least parallel to the floor. The deeper you can squat, the better. Drive through your heels to return to standing.

5B SQUAT

REPS TO FAILURE

Without resting, do the same again but with two-thirds of your bodyweight on the bar.

5C SQUAT

REPS TO FAILURE

Repeat again, but with one-third of bodyweight on the bar.



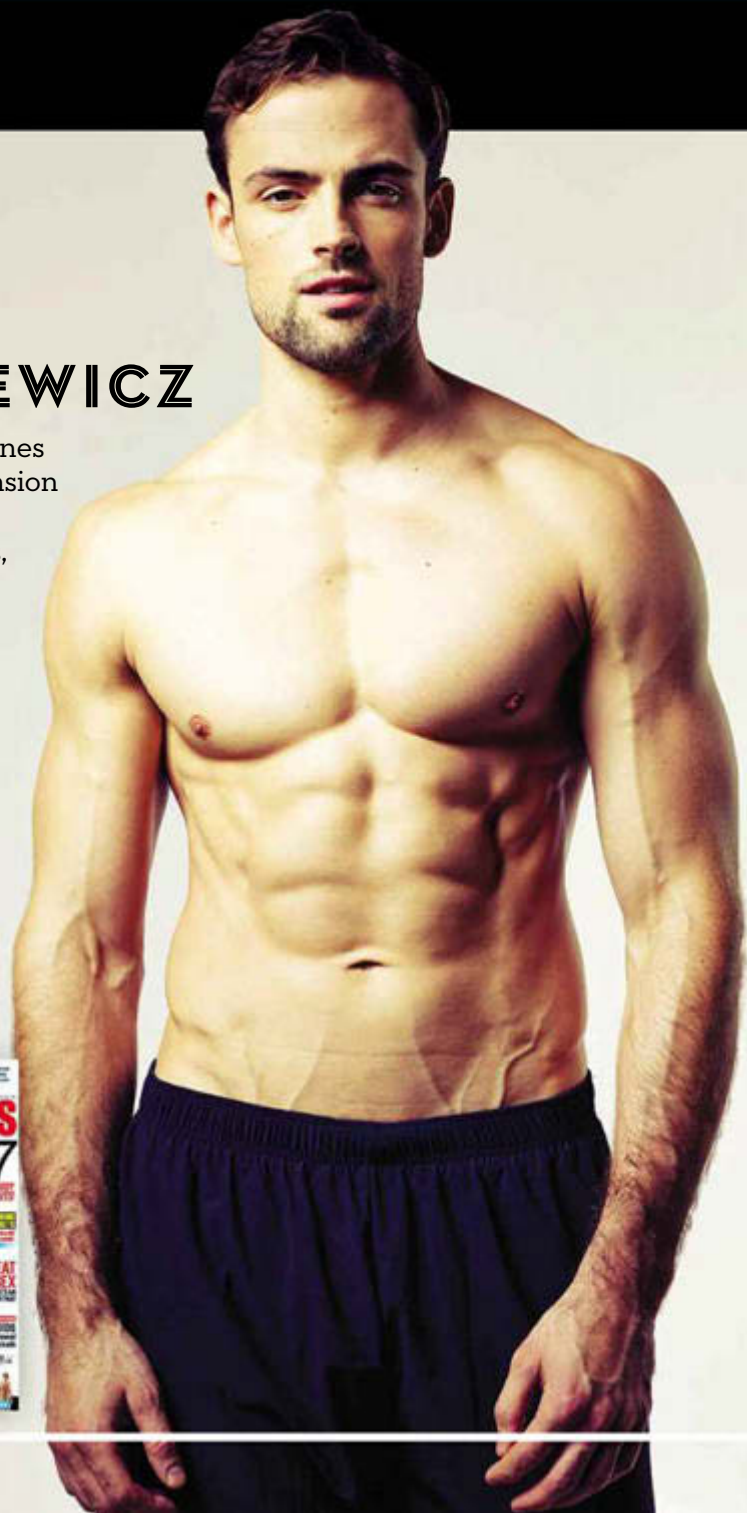
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| ARTUR
ZOLKIEWICZ

Zolkiewicz combines depletion and tension workouts to wear down his muscles, then build them up again, and finishes his week with a tough power workout.

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Here's how to do the same



BURN AND BUILD

MONDAY

DEPLETION WORKOUT 1

EXERCISE	SETS	REPS
1 Bench press	6	15-20
2 Leg press	6	15-20
3 Cable seated row	6	15-20
4 Lying leg curl	6	15-20
5 Dumbbell lateral raise	6	15-20
6 Dumbbell curl	4	15-20
7 French press	4	15-20
8 Abs wheel	5	20

TUESDAY

DEPLETION WORKOUT 2

EXERCISE	SETS	REPS
1 Incline bench press	6	15-20
2 Front squat	6	15-20
3 Lat pull-down	6	15-20
4 Dumbbell shoulder press	6	15-20
5 E-Z bar curl	4	15-20
6 Cable triceps push-down	4	15-20
7 Lying leg curl	6	15-20
8 Hanging knee raise	5	20

WEDNESDAY

CARDIO

THURSDAY

TENSION WORKOUT

EXERCISE	SETS	REPS
1 Bench press	3	6-12
2 Barbell row	2	6-12
3 Squat	5	6-12
4 Incline bench	3	6-12
5 Wide-grip pull-up	2	12
6 Dumbbell curl	3	12
7 E-Z bar French press	3	12
8 Abs wheel	5	20

FOR FRIDAY'S WORKOUT, TURN THE PAGE

1

DEADLIFT

SETS 3 REPS 6



Stand with your feet shoulder-width apart. Squat and take hold of the bar with an overhand or alternate grip. Brace your core, push your heels into the floor and use your glutes to power the lift. Keep the bar close to your body and stand tall.

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2

BENCH PRESS

SETS 3 REPS 6



Lie on a bench, holding the bar with an overhand grip. Lower the weight towards your chest, then push the bar strongly to return to the start.

3

WEIGHTED CHIN-UP

SETS 3 REPS 6



Hang from the bar with your arms fully extended, holding a weight plate between your knees. Pull yourself up until your chin is above the bar.

POWER

4

INCLINE BENCH PRESS

SETS 3 REPS 6

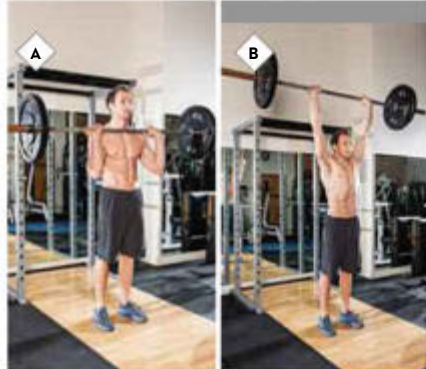


Lie on an incline bench, holding the bar with an overhand grip. Lower the weight towards your chest, then push the bar back to the start.

5

OVERHEAD PRESS

SETS 3 REPS 15-20



Position a bar on your upper chest. Keeping your chest upright and core braced, press the bar directly upwards. Lower again under control.

17

6

GYM BALL JACKKNIFE

SETS 3 REPS 15

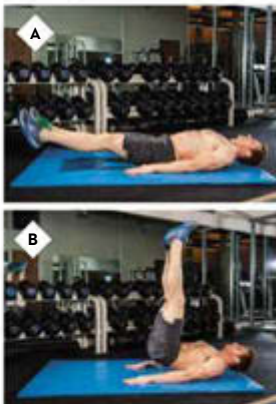


With your feet on a gym ball, bend your knees and bring the ball towards you.

7

LYING LEG RAISE

SETS 3 REPS 15



Lie on the floor with your feet just off the ground. Raise your legs to point straight up.

8

GYM BALL ROLL-OUT

SETS 3 REPS 15



Get on your knees with your forearms on a gym ball. Slowly roll the ball away from you.

4

TOBY ROWLAND

This take-no-prisoners workout is the reason Rowland has appeared on more *MF* covers than any other model

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DO THE SPLITS

For the following body-part split workouts, do three sets of ten reps with a 90-second rest unless stated in the tables below.

MONDAY

EXERCISE

- 1 Heavy bench press (sets 5, reps 5)
- 2A Dumbbell flye
- 2B Wide-grip slow bench press
- 3A Dumbbell incline chest press
- 3B Cable crossover flye
- 4A Bench press
- 4B Explosive press-up
- 5A Decline bench press
- 5B Forward-leaning dip (to failure)
- 6A Slow triceps extension
- 6B Narrow-grip press-up

CHEST

TUESDAY

EXERCISE

- 1 Wide-grip chin-up (sets 5, reps 10)
- 2A Wide-grip lat pull-down
- 2B Inverted body row
- 3A Underhand bent-over row
- 3B Straight-arm cable pull-down
- 4A Kettlebell renegade row (reps 20)
- 4B Cable reverse flye
- 5A High cable row
- 5B Dumbbell biceps curl
- 6 Cable biceps curl (drop sets)

BACK

19

WEDNESDAY

REST OR INTERVAL TRAINING AND STRETCHING

THURSDAY

EXERCISE

- | | |
|-----------------------------|---------------------------------|
| 1 Deadlift (sets 5, reps 5) | 4A Leg press |
| 2A Barbell clean and press | 4B Barbell upright row |
| 2B Jump squat | 5A Leg extension |
| 3A Squat to dumbbell press | 5B Dumbbell lateral/front raise |
| 3B Explosive step-up | 6A Kettlebell swing |
| | 6B Walking plank |

LEGS AND SHOULDERS

FOR FRIDAY'S WORKOUT, TURN THE PAGE

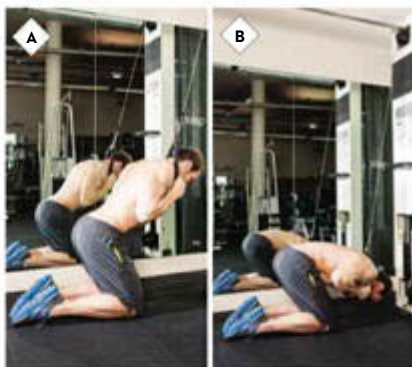
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FRIDAY

1

WEIGHTED CABLE CRUNCH

REPS 12, 10, 8, 6, 12



Kneel in front of a cable machine, holding the handles either side of your head. Bend at the hips and use your core to lower as far as you can.

2B

WINDSCREEN WIPER

SETS 3 REPS 5 EACH SIDE



Hang from a bar with your body straight. Keeping your legs straight, lift them in front of you and rotate to the left and right.

20

2A

GYM BALL JACKKNIFE TO PRESS-UP

SETS 3 REPS 20



Place your feet on a gym ball, then bend your knees and draw the ball towards you. Perform a press-up and return to the start.

3A

GYM BALL ROLL-OUT

SETS 3 REPS 10



Get on your knees with your forearms resting on a gym ball. Keeping your core braced, slowly roll the ball away from you and back again.

CORE

3B

HANGING LEG RAISE

SETS 3 REPS 10



Hang from a bar with your body straight. Contract your abs and bring your legs out in front of you. Lower under control.

4B

SIDE PLANK WITH TRUNK ROTATION

SETS 3 REPS 5 EACH SIDE



Get into a straight-arm side plank position with one arm held up. Turn your torso and reach under your body, then return to the start.

4A

CABLE WOODCHOP

SETS 3 REPS 10



Stand side-on to the machine and hold the handle on a high setting. Pull the handle down and across your body, then return to the start.

5

TREADMILL TABATA SPRINTS

SETS 8 TIME 30SEC



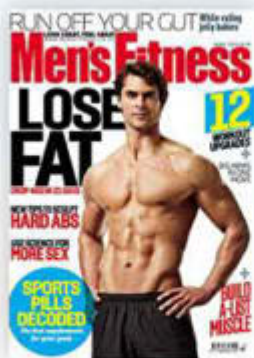
Sprint for 20 seconds, then jog for ten seconds. Repeat this pattern eight times.

5

DAVID
LANCASTER

When he's building muscle, Lancaster alternates pushing and pulling exercises for his upper body (right) with lower-body workouts (see next page)

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PUSH AND PULL

Alternate Lancaster's push, pull and lower-body workouts from Monday to Friday and have the weekend off.

UPPER-BODY PUSH

EXERCISE	SETS	REPS	REST
1 Weighted dip	5	5	2min
2 Seated dumbbell overhead press	4	10	60sec
3 Seated dumbbell lateral raise	4	10	60sec
4 Flat dumbbell press	4	10	60sec
5 Incline dumbbell flye	4	10	60sec
6 Overhead rope triceps extension	4	10	60sec
7 Triceps kick-back	4	10	60sec

UPPER-BODY PULL

EXERCISE	SETS	REPS	REST
1 Neutral-grip chin-up	5	5	2min
2 Prone rear delt dumbbell flye	4	10	60sec
3 Wide-grip lat pull-down	4	10	60sec
4 Prone dumbbell row	4	10	60sec
5 Wide-grip low cable row	4	10	60sec
6 Incline dumbbell curl	4	10	60sec
7 Standing dumbbell biceps curl	4	10	60sec

5

1A LYING HAMSTRING CURL

SETS 5 REPS 5 REST 60SEC



Lie on the machine, following the instructions. With the pad against the back of your lower calves, raise it by contracting your hamstrings.

1B FRONT SQUAT

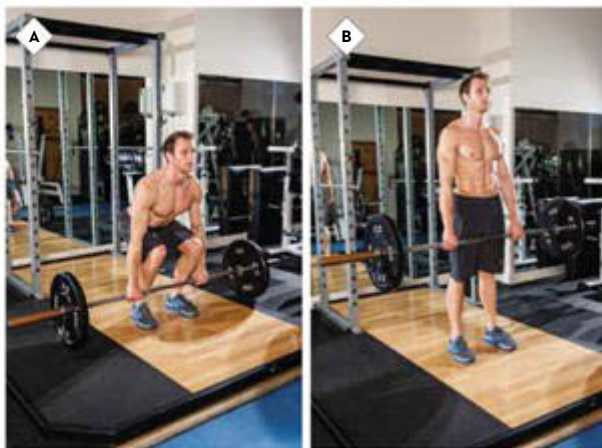
SETS 5 REPS 5 REST 60SEC



Rest the bar on the front of your shoulders. Squat until your thighs are at least parallel to the floor and drive back up to standing.

2 DEADLIFT

SETS 4 REPS 10 REST 60-90SEC



Stand with your feet shoulder-width apart. Squat and take hold of the bar with an overhand or alternate grip. Brace your core, push your heels into the floor and use your glutes to power the lift. Keep the bar close to your body and stand tall.

LOWER BODY

3

LEG PRESS

SETS 4 REPS 10 REST 60SEC



Sit on the machine, following the instructions. Release the lock and slowly lower the platform towards you by bending your knees. Pause briefly at the bottom, then push through your heels to straighten your legs and return to the start.

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4

STANDING DUMBBELL CALF RAISE

SETS 4 REPS 5 EACH SIDE
REST 45SEC



Stand on one foot on a raised platform, holding a dumbbell in the hand on that side, with your heel hanging down. Push up to raise your body.

5

SEATED CALF RAISE

SETS 4 REPS 10 REST 45SEC



Sit on the machine and place the pad on top of your knees. Rise on to your tiptoes, pause briefly and return to the start.



RICHARD PEARCE

Pearce blends standard and antagonistic supersets to add size in a hurry, hitting the gym four days a week and doing cardio in between

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STRENGTH AND SIZE

MONDAY

BACK AND BICEPS

EXERCISE	SETS	REPS
1A Wide-grip pull-up	3	8
1B Chin-up	3	8
2A Bent-over row	3	8
2B Reverse flye	3	8
3A Lat pull-down	3	8
3B Lean-back lat pull-down	3	8
4A Barbell curl	3	12
4B Dumbbell curl	3	12

TUESDAY

CHEST AND TRICEPS

EXERCISE	SETS	REPS
1A Bench press	3	6
1B Flye	3	8
2A Incline bench press	3	6
2B Incline flye	3	8
3A Dumbbell bench press	3	6
3B Flye	3	8

WEDNESDAY

CARDIO: ONE-HOUR RUN

THURSDAY

LEGS AND CORE

EXERCISE	SETS	REPS
1A Deadlift	3	6
1B Lunge	3	8
2A Stiff-leg deadlift	3	6
2B Lunge	3	8
3A Kettlebell goblet squat	3	10
3B Kettlebell swing	3	20
4A Front squat	3	8
4B Kettlebell swing	3	20

FOR FRIDAY'S WORKOUT, TURN THE PAGE

1A OVERHEAD PRESS

SETS 3 REPS 8



Place a bar on your upper chest. Keeping your chest upright and core braced, press the bar directly upwards. Lower to return to the start.

1B FRONT RAISE

SETS 3 REPS 12



Stand holding a dumbbell in each hand by your side. Lift the weights straight out in front of you, without bending your elbows.

2A SEATED DUMBBELL OVERHEAD PRESS

SETS 3 REPS 8



Sit holding a dumbbell in each hand by your shoulders, with your elbows at 90°. Press the weights straight up until your arms are fully extended.

SHOULDERS AND BACK

2B

LATERAL RAISE

SETS 3 REPS 12



Stand holding a dumbbell in each hand by your side. Keeping a slight bend in your elbows, lift the weights out to the sides. Stop at shoulder height, pause and return to the start.

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3A

UPRIGHT ROW

SETS 3 REPS 8

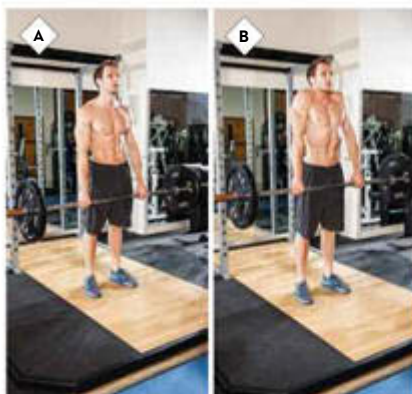


Stand holding the bar in front of your thighs with an overhand grip. Leading with your elbows, pull the bar towards your upper chest.

3B

SHRUG

SETS 3 REPS 20



Hold the bar with an overhand grip. Shrug your shoulders, keeping your arms straight. Pause briefly and return to the start.

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CORE SERIES REFERENCE GUIDE

WHAT YOU PUT IN IS WHAT YOU GET OUT

THE FOUNDATION TO YOUR BEST BODY

#1

**STRONG
& LEAN**

If your goal is to add lean, conditioned muscle onto a naturally athletic frame, then a shift in diet, supplementation and training is a non-negotiable.

MORNING	SHAKE	PRE-WORKOUT ENERGY	INTRA-WORKOUT STAMINA	POST-WORKOUT RECOVERY	BEFORE BED RECOVERY
					

#2

**LEAN MUSCLE
& POWER**

It is well established that effective nutritional habits and proper training strategies are the foundation for adding lean mass and increasing power.

MORNING	SHAKE	PRE-WORKOUT ENERGY	INTRA-WORKOUT STAMINA	POST-WORKOUT RECOVERY	BEFORE BED RECOVERY
					

#3

**ULTRA LEAN
& RIPPED**

If your goal is to significantly improve your body's level of conditioning, an absolute focus on nutritional habits is key.

MORNING	SHAKE	PRE-WORKOUT ENERGY	INTRA-WORKOUT STAMINA	POST-WORKOUT RECOVERY	BEFORE BED RECOVERY
					



DISCOVER THE NEW GLOBAL USN RANGE

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USN'S #1 DESSERT

DEFINE, TONE AND STAY LEAN

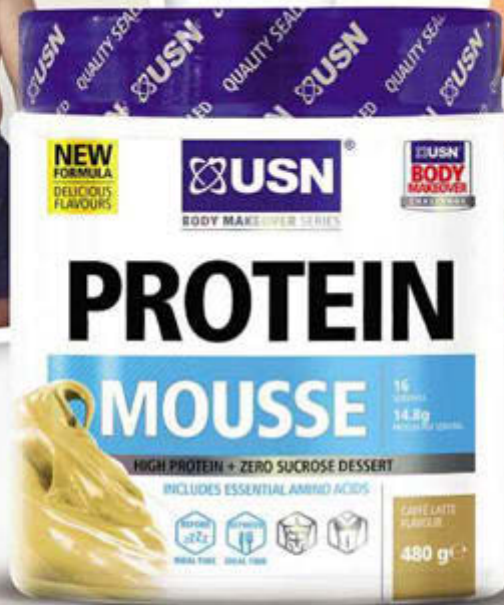
BEFORE



ANTONIE
ROSSOUW

RESULTS AFTER
USN'S 12 WEEK
BODY MAKEOVER
CHALLENGE

AFTER



HIGH PROTEIN MOUSSE
SLOW RELEASE, HIGH PROTEIN MOUSSE
WITH ESSENTIAL AMINO ACIDS



DISCOVER THE NEW GLOBAL USN RANGE

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